

10-15-1900

The Vegetarian Magazine October 1900

The Vegetarian Magazine

Follow this and additional works at: <https://knowledge.e.southern.edu/foodiesguide-1890>



Part of the [Food Science Commons](#), and the [United States History Commons](#)

ADAM ❖ HESIOD ❖ GAVTAMA ❖ ISAIAH ❖ DANIEL ❖ PLATO ❖

The Vegetarian Magazine

ZOROASTER ❖ ARISTOTLE ❖ SENECA ❖ OVID ❖ PLVTARCH ❖



VOL. V. No. 1.
OCTOBER 15, 1900.

CONTENTS:

	PAGE
FRONTISPIECE	2
For Strength, Not Gluttony..	3
Moral Basis of Vegetarianism	4
The Cause.....	7
Christian Cannibalism.....	9
Exploration for Vegetarian Colonization	12
Susanna W. Dodds (Illus.)...	14
The Woods Full of Them....	16
World's Vegetarian Societies.	17
How Tomatoes Produce Can- cer.....	18
Mrs. Atchison (Illus.).....	19
The "Lord's Farm" Adopts Vegetarian Doctrine.....	21
The Dining Room.....	22

POPE ❖ SWEDENBORG ❖ VOLTAIRE ❖ FRANKLIN ❖ WESLEY ❖

An Illustrated Magazine of Better Living • An Authority on Foods, their Selection and Preparation
Discountenances the Use of Flesh, Fish and Fowl for Food • Upholds the Right to Life for the Whole
Sensient World • Advocates Justice, Humanitarianism, Purity, Hygiene, Temperance • Stands for
a Stronger Body, a Healthier Mentality, a Higher Morality • Literature of the XXth Century Home
Published Monthly by The Vegetarian Company • Chicago • \$1.00 the Year • Ten Cents the Copy

LINNÆVS ❖ GRAHAM ❖ SHELLEY ❖ TOLSTOI ❖ OSCAR II ❖

THE DINING ROOM.

LEIGH HUNT never expressed a more practical, philosophical thought than when he declared that: "If some demi-god could regulate for mankind what they should eat and drink and by bodily treatment circulate their blood, he would put an end to half the trouble the world undergoes." Not only *what* we shall eat and drink, but *when* we shall eat and drink and *how much* we shall eat and drink, are questions which, the writer firmly believes, if properly and scientifically answered, would bring about, comparatively speaking, an immediate reign of peace on earth.

When we take into account the different kinds of labor calling for more or less muscular or brain expenditure, necessitating more or less of physical exercise, it is manifestly impossible to prescribe means that would be suitable for all persons. Nevertheless it is possible to suggest means that indicate what is necessary for the proper sustentation of the body, whatever the kind of labor. If the person is compelled to be more or less sedentary in his habits, the following are suggested menus shortened and selected from at pleasure. It would be better to confine the luncheon to fruits alone. Some people are much better with only two meals a day. In any case it is not well to eat unless you are hungry. In the following suggested menus no mention is made of what to drink (1) because our best authorities tell us that we ought not to drink at meals, and (2) because tastes are so different that it is impossible to prescribe anything that everybody likes excepting water—which if pure is the best possible beverage, and has the additional commendable quality of being the cheapest. Caramel cereal, malted milk, malted nuts, grape juice and the fruit juices generally are foods as well as drink.

The vegetarian who wants to be scien-

tifically correct in drink will not touch coffee or tea.

The following menus are suggested only, as furnishing not only the carbohydrates and fats, but also the proteids:

BREAKFAST.

Fresh fruits in season.
Wheatena with cream.
Protose omelet. Sliced tomatoes.
Whole wheat muffins.

LUNCHEON.

Fresh fruits.
Almonds and raisins.
Baked bananas.
Whole wheat bread. Honey.

DINNER.

Cream of cauliflower.
Lentil roast. Baked sweat potatoes.
Peas. Celery salad.
Rice pudding with Pineapple Sauce.

BREAKFAST.

Fresh fruits.
Granose flakes with cream or fruit sauce.
Lentil cutlets with brown gravy.
Corn muffins.

LUNCHEON.

Fresh fruits. Mixed nuts.
Nuttolene croquettes. Ripe olives.
Whole wheat gems.

DINNER.

Tomato Soup.
Walnut roast. Creamed potatoes.
Salsify. Lima bean salad.
Celery.
Indian pudding with fruit sauce.
Whole wheat bread.

BREAKFAST.

Fresh fruit.



MRS. RENA MICHAELS ATCHISON.

MRS. ATCHISON has for some time conducted the Dining Room Department of THE VEGETARIAN MAGAZINE. She is a writer of marked ability and the author of "Christian Cannibalism" in this number. The pensive expression of the portrait is not habitual to Mrs. Atchison. She is a remarkably bright, cheery, helpful-to-everybody little woman, and it is generally regretted that with her husband, Rev. Wilbur F. Atchison, her home will now be in Joliet, Ill., instead of Chicago.

Granola with cream.
Corn omelet. Stuffed tomatoes.
Toasted Granose biscuit with apple sauce.

LUNCHEON.

Fresh fruits. Nuts.
Creamed peas. Shredded wheat biscuits.
Celery. Cranberry jelly.
Toasted white wheat bread.

DINNER.

Cream of peas.
Protose roast with mint sauce.
Potato puff. Stuffed egg plant.
Sweet apple salad. Currant jelly.
Granose biscuit. Whole wheat bread.
Vegetarian mince pie.

BREAKFAST.

Fresh fruits.
Cream of wheat.
Stewed prunes with raisins.
Vegetable hash. Rice muffins.

LUNCHEON.

Apples. Nuts.
Fricasseed eggs. Tomato salad.
Whole wheat bread.
Cottage cheese.

DINNER.

Cream of corn.
Barley cutlets with cream dressing.
Creamed potatoes. String beans.
Vegetable salad.
Peach shortcake.

LENTIL ROAST.—The following recipe is kindly contributed by request by Mrs. M. A. Wixson. It is delicious: 2 cups of lentils (after putting through colander); 2 shredded wheat biscuits; 4 tomatoes; 1 large onion; 2 heaping teaspoons of nut butter; salt to taste.

LENTIL CUTLETS.—Cook the lentils thoroughly, adding onions and tomatoes to taste; the next day you can cut the lentils into slices; roll in wheat or bread crumbs; place on buttered tins in hot oven for ten minutes; make the brown gravy in the usual way with

browned flower, or season nut butter with onion juice and a little salt and thicken with gluten meal.

NUTTOLINE CROQUETTES.—1 cup of minced nuttolene; $\frac{1}{4}$ cup of minced celery; $\frac{1}{2}$ cup bread crumbs; salt to taste; 1 egg.

STUFFED TOMATOES.—Remove the inside of tomatoes carefully; add minced onion; salt; $\frac{1}{4}$ the quantity of bread crumbs; 1 egg; refill the tomatoes and bake ten minutes.

VEGETARIAN MINCE PIE.—Use Sherman's fig mince for basis of pie; add whatever fruit you desire; moisten with grape juice.

FRICASSEED EGGS.—Cook eggs 45 minutes; remove shells and cut each into 4 or 8 pieces; make a brown gravy to which is added a little onion and tomatoes; turn over eggs and serve piping hot.

BARLEY CUTLETS.—Cook barley thoroughly and dry as possible; add $\frac{1}{4}$ the quantity of bread crumbs; a little summer savory and sweet marjoram; a trace of minced onion and 1 egg. When cold, slice; dip in egg and bread crumbs and place on buttered tins in hot oven with bits of butter on the top of each cutlet.

PEACH SHORTCAKE.—Toast and split granose biscuit; pile the sugared fruit on the biscuit; replace the other halves of the biscuits; cover with whipped cream. Apple sauce used in the same way makes a delicious shortcake.

"THERE remains the question whether animal food is necessary. On this point Tolstoy is absolutely right. No, a thousand times no; this alimentation is not necessary. All facts prove it, and it is the A B C of physiology."—PROFESSOR CHARLES RICHEL, "the authoritative exponent of all that is orthodox in physical science and political economy."